

Boogie Into Shape with Bitsy

240401-01

Instructor: Bitsy Graham

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class.



Location: Warren Building Min: 10/Max: 20
10 weeks

Day	Time	Date	Price
Tu & Th	9 - 10 am	April 3 - June 14 (No class 5/29)	\$180

Dynamic Running

Instructor: Kathy Fleming

There is a runner in all of us. This class teaches you how to go about a running program properly. Have you ever wanted to run but didn't have much success? Or are you a veteran runner that wants to improve form, speed and/or endurance? Coach Fleming, with 11 years of coaching experience, is a former professional athlete, who can teach you the basics of one of the most invigorating forms of exercise. This is not a high mileage program. It is a program that employs the dynamic system of running which focuses on proper form, relevant speed and quality running for any level of runner. The program is run at a track in a controlled environment. A proper running program can have very rewarding results, like stronger bones, hormonal balance, lower blood pressure and increased metabolism which leads to better overall health and well being. Running, while seemingly an easy thing to do, is often done the wrong way and can lead to injuries and poor results. Learn the right way of doing one of the most rewarding and euphoric forms of exercise. Each runner will be evaluated and given training according to their respective level. Whether your challenge is to get faster for the local road race or perhaps just to start from scratch, Coach Fleming's training program can help you achieve your goals.



Location: Wellesley College Min: 6/Max: 12

7 weeks

Act. #	Day	Times	Date	Price
240207-01	Tue	9 - 10 am	May 8 - Jun 19	\$150

5 weeks

Location: Wellesley High School Track Min: 6/Max: 12

Act. #	Day	Times	Date	Price
340288-01	Wed	6 - 7 pm	Jul 11 - Aug 8	\$90

Jazz Aerobics

Instructor: Bitsy Graham

Strong heart, Strong muscles, Strong bones! That's what you get from Jazz Aerobics: 25 - 30 minutes of choreographed, energetic routines to your favorite music from the 60's all the way to Broadway, abdominal and core strengthening, muscle toning, strengthening of legs & arms, balance work, and, of course, stretching and flexibility. Bring hand and ankle weights, and a "can do" attitude!



Location: Warren Building Min: 10/Max: 20

11 weeks, 2 or 3 days per week

Act. #	Day	Times	Date
240403-01	M/W/F	8:45 - 9:45 am	April 2 - June 15 (No class 4/16, 5/25, 28, 29)

\$220 for three days per week

\$180 for two days per week

6 weeks, 2 days per week

Act. #	Day	Times	Date
340401-01	Tu & Th	8 - 9 am	June 19 - July 26

\$60 for two days per week



Heartbeat for Adults

240402-01

Instructor: Bitsy Graham

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. "Younger every day" is our motto.

Location: Warren Building Min: 15/Max: 20

11 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:15 - 7:15 am	April 3 - June 15 (No class 5/29)

\$160 for three days per week

\$115 for two days per week

Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball. Please check the website : www.wellesley.ma.gov/recreation; click on "Open Gym." Times are subject to change.

Location: Warren Building

Sport	Day	Time
Women's Basketball	Tue	7 - 9 pm
Co-Ed Volleyball	Thu	7:45 - 9:45 pm
Men's Basketball	Fri	7 - 9 pm

Bonnie's Boot Camp

240405-01

Instructor: Bonnie Morrissey

An intense 45 minute outdoor (weather permitting) and indoor total body workout using your own body weight and a jump rope that will blast calories, burn fat, boost your metabolism, and really change your body. YOU WILL GET RESULTS! Beats going to the gym any day! Bonnie's Bootcamp is so much more than just a workout class. It is a lifestyle program that includes motivational emails, as well as Bootcamp approved recipes, nutrition tips, Bootcamp "rules," and Bonnie's Secrets to Success. All fitness levels welcome, exercises can be modified. Please bring a jump rope and yoga mat. Babysitting available! Please contact Bonnie Morrissey directly at bonnie@bonniesbootcamp.com for more info and to reserve your child's spot.

Location: Warren Building Min: 8/Max: 16

9 weeks/2 days per week

Day	Time	Date	Price
M & W	10 - 10:45 am	Apr 2 - Jun 13 (No class 4/16, 4/18, 5/28)	\$285



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Program Registration

Tuesday, March 20 - Residents/7am
Tuesday, March 27 - Non-Residents/7am

Online • Walk-in • Mail • Fax • Phone

MPOWER! EXPLOSION FULL BODY WORKOUT!



240410-01

Instructor: Mia Pye

Led By Weston's Body by Design studio owner, Mia Pye, MPOWER! EXPLOSION packs Mia's burn and define training method, MPOWER! with calorie-blasting aerobic moves with her wild style. Have fun, lose weight and live longer with a fresh workout that uses your own body weight as a training tool. You'll use 96% more muscle power than cardio machines and burn fat while being motivated to the Max! You will love this totally universal workout designed to lead you to the Nth degree of Physical performance. You will need a: towel, water, 3-5 pound sculpting weights, yoga mat and 'can do' attitude

Location: Warren Building Min: 8/Max: 16

8 weeks/2 days per week

Day	Time	Date	Price
T & Th	10 - 11 am	Apr 3 - May 31 (No class 4/17 & 4/19)	\$160

Golf Lessons

Instructor: Don Winkelmes

These lessons are designed to help new players learn and more experienced players improve. Special attention is given to developing your golf swing through specific exercises. You may bring your own favorite clubs, or use ours. (If in doubt about the weather, call the golf club at 891-1119)

Location: Leo J. Martin Golf Club, Weston

Min: 6/Max: 10

4 weeks per series/choose one time

Act. # 245602-01

Day	Times	Date	Price
Tu	1:30 - 2:30 pm	May 15 - June 5	\$140

Act. # 245602-02

Day	Times	Date	Price
Tu	6- 7 pm	May 15 - June 5	\$140

Act# 345687-01

Day	Times	Date	Price
Tu	1:30 - 2:30 pm	July 10 - 31	\$140

Act. # 345687-02

Day	Times	Date	Price
Tu	6- 7 pm	July 10 - 31	\$140



Golf Lessons for Women

Instructor: Kevin Burns

Classes will include, grip stance, swing, chipping, ball position, putting, golf rules, golf etiquette and on course instruction. Golf clubs are available for use during class if needed. Classes begin each week at the putting green. (If in doubt about the weather, call the golf club at 891-1119)

Location: Leo J. Martin Golf Club, Weston

Min: 6/Max: 10

5 weeks per series/choose one time

Act# 245608

S#	Day	Times	Date	Price
01	Mon	6:10 - 6:55 pm	Apr 2 - May 7 (No class 4/16)	\$210
02	Mon	6:10 - 6:55 pm	May 14 - Jun 18 (No class 5/28)	\$210
03	Thu	6:30 - 7:15 pm	Apr 5 - May 10 (No class 4/19)	\$210
04	Thu	6:30 - 7:15 pm	May 17 - Jun 14	\$210

Act# 345688

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:15 pm	Jun 25 - Jul 23	\$210
02	Thu	6:30 - 7:15 pm	Jun 21 - July 19	\$210

Power Yoga Basics

240510-01

Instructor: Karen McGee

Find out why so many people are hooked on power yoga to keep their bodies fit and mind calm. This fun, challenging strength building class is available TO ALL LEVELS. You will be taught a series of strengthening poses that are linked by the relaxing power of the breath. This WARM flowing sequence will have you sweating your stress away... then it's time to hold deep stretches and you dissolve into a state of meditation. This class is geared for folks just starting out or those who wish to MAINTAIN A CONSISTENT LEVEL OF PRACTICE. PLEASE BE SURE TO BRING YOUR MAT.

Location: Warren Building **Min:** 7/**Max:** 15

8 weeks

Day	Time	Date	Price
Thu	9 - 10 am	Apr 12 - June 7 (No class 4/19)	\$145



Yoga: Vinyassa Flow

Instructor: Zina Roberts

A fun and challenging blend of yoga poses for the beginner or more experienced yogi. Flow to music while learning body alignment, building core strength and connecting to breath. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat.

Location: Warren Building **Min:** 7/**Max:** 15

7 weeks

Act. #	Day	Times	Date	Price
140558 -01	Tue	9:30 - 10:30 am	Mar 6 - Apr 17	\$95

240588 -02	Tue	9:30 - 10:30 am	Apr 24 - Jun 5	\$95
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Chair/Gentle Yoga

Instructor: Leslie Worris

A can-do class for first-timers, seniors, those with injuries, or anyone living with special challenges, such as limited mobility or recent surgery. For students who find it difficult to transition to and from the floor. We will explore a variety of Yoga poses, both sitting and standing with a chair assist. Increase flexibility and strength, improve balance, endurance, mobility, circulation and decrease stress. Chair yoga encourages proper breathing and better posture. Meditation, breath work and relaxation techniques included.

Location: Warren Building **Min:** 8/**Max:** 15

10 weeks

Act. #	Time	Day	Date	Price
240517-01	11 am- 12 pm	Thu	Apr 5 - Jun 14 (No class 5/10)	\$115

8 weeks

Act. #	Time	Day	Date	Price
340517-01	11 am- 12 pm	Thu	Jun 21 - Aug 16 (No class 7/5)	\$95

Ashtanga Yoga

Instructor: Julie Pernokas

Ashtanga Yoga is a sequence of poses or postures coordinated with a specialized breathing technique (Ujjayi breath). The powerful sequence is designed to align the body, build strength, tone muscles, and improve concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind and spirit. No previous yoga experience is necessary (it's OK if you can't touch your toes!). All levels are welcome. Please bring a yoga mat and a small towel or strap.

Location: Warren Building **Min:** 12/**Max:** 20

9 weeks

Act. #240501-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Apr 2 - Jun 8 (No class 4/16, 4/18, 4/20, 4/23, 5/28)	\$135/1 day \$235/2 days \$255/3 days

8 weeks

Act. #240504-01

Day	Time	Date	Price
Tue	7 - 8 pm	Apr 3 - Jun 5 (No class 4/17, 5/15)	\$105

ALL
Yoga classes
require a yoga mat

Senior & Healing Yoga

Instructor: Leslie Worris

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed and students are encouraged to work within their limits to build strength, flexibility and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners.

Location: Warren Building **Min:** 8/**Max:** 15

10 weeks

Act. #	Time	Day	Date	Price
240516-01	1:45- 3 pm	Tu	Apr 3 - Jun 12 (No class 5/8)	\$115
240516-02	1:45- 3 pm	Th	Apr 5 - Jun 14 (No class 5/10)	\$115

8 weeks

340519-01	1:45- 3 pm	Tu	Jun 19 - Aug 14 (No class 7/3)	\$95
340519-02	1:45- 3 pm	Th	Jun 21 - Aug 16 (No class 7/5)	\$95

Tennis Intermediate/Advanced

Instructors: Mike Sabin & John Gautschi

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session. **Evening lessons REQUIRE a tennis tag.**

Location: Hunnewell Tennis Cts., Rt. 16

5 weeks

Act. #	Times	Date	Min:6/Max: 10	Price
Act. #245205-01				
Day	Times	Date		Price
Thu	7 - 8:30 pm	May 3 - 31		\$180 (incl. tag) \$165 (own tag)

Act. #	Times	Date	Min:6/Max: 12	Price
Act. #245203-01				
Day	Times	Date		Price
Fri	10:30 am - 12 pm	Apr 27 - May 25		\$165

Act. #	Times	Date	Min:6/Max: 10	Price
Act. #245266-01				
Day	Times	Date		Price
Mon	10:30 am - 12 pm	Apr 23 - May 21		\$165

Act. #	Times	Date	Min: 6/Max: 8	Price
Act. #345202-01				
Day	Times	Date		Price
Thu	7 - 8:30 pm	Jun 28 - Aug 2 (No class 7/5)		\$180 (incl. tag) \$165 (own tag)

Night Tags go on sale Apr. 17

Tennis Beginner/Adv. Beginner

Instructors: Mike Sabin & John Gautschi

This is an introduction to the sport covering the most basic aspects. Participants will work on forehand, backhand, serve and learning the rules of the game. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session. **Evening lessons REQUIRE a tennis tag.**

Location: Hunnewell Tennis Cts., Rt. 16

5 weeks

Act. #	Times	Date	Min:6/Max: 10	Price
Act. #245213-01				
Day	Times	Date		Price
Mon	9 - 10:30 am	Apr 23 - May 21		\$165

Act. #	Times	Date	Min:6/Max: 12	Price
Act. #245201-01				
Day	Times	Date		Price
Fri	9 - 10:30 am	Apr 27 - May 25		\$165

Act. #	Times	Date	Min:6/Max: 10	Price
Act. #245265-01				
Day	Times	Date		Price
Tu	7 - 8:30 pm	May 1 - 29		\$180 (incl. tag) \$165 (own tag)

Act. #	Times	Date	Min: 6/Max: 8	Price
Act. #345201-01				
Day	Times	Date		Price
Mon	7 - 8:30 pm	Jun 25 - Jul 30 (No class 7/2)		\$180 (incl. tag) \$165 (own tag)

Capoeira

Instructor: Antonio Campos Soares Sortland (Mestre Bocoio)

Capoeira is a Brazilian martial art that works the whole body. It includes music, dance, and self-defense. Each class offers warming up and stretching before working on the various capoeira movements.

Location: Warren Building Min: 2/Max: 10

4 weeks per session

Act. #	Day	Times	Date	Price
241889-01	Tue	5:30 - 7 pm	Apr 3 - 24	\$70
241889-02	Tue	5:30 - 7 pm	May 1 - 22	\$70
241889-03	Tue	5:30 - 7 pm	Jun 5 - 26	\$70
241890-01	Th	7 - 8:30 pm	Apr 5 - 26	\$70
241890-02	Th	7 - 8:30 pm	May 3 - 24	\$70
241890-03	Th	7 - 8:30 pm	Jun 7 - 28	\$70
341889-01	Tu	5:30 - 7 pm	Jul 10 - 31	\$70
341889-02	Th	7 - 8:30 pm	Jul 12 - Aug 2	\$70

Aikido

Instructor: David Halprin, Framingham Aikikai

Aikido is the traditional Japanese martial art of movement and power. Its characters translate as "the way of unity with the fundamental energy of the universe". Aikido is a highly effective form of self-defense that teaches how to subdue even a much larger aggressor using minimum effort. It improves physical conditioning - strength, balance flexibility, and coordination - and mental conditioning - self-confidence, concentration, alertness, intuitiveness and concern for others. Aikido teaches how to blend with an attack, and neutralize it without relying on brute strength. Aikido practice is non-competitive, and students work together to master its techniques.

Location: Warren Building Min: 6/Max: 15

8 weeks

Act. #	Day	Times	Date	Price
241800 -01	Wed	7 - 8 pm	Apr 4 - May 30 (No class 4/18)	\$90
341888 -01	Wed	7 - 8 pm	Jun 6 - Aug 1 (No class 7/4)	\$90

Tennis: Drill & Play

Instructors: Mike Sabin & John Gautschi

This class will include fast paced drilling with a hitting partner and then match play. Classes canceled due to inclement weather, will be added on at the end of the session.

Location: Hunnewell Tennis Courts., Rt. 16

5 weeks

Act. #	Times	Date	Min: 6/Max: 12	Price
Act. #245207-01				
Day	Times	Date		Price
Wed	9:30 - 11 am	Apr 25 - May 23		\$165

Act. #	Times	Date	Min: 6/Max: 8	Price
Act. #345209-01				
Day	Times	Date		Price
Wed	7 - 8:30 pm	Jun 27 - Aug 1 (No class 7/4)		\$180 (incl. tag) \$165 (own tag)

Explore Wellesley's Trails

The Natural Resources Commission's Trails Committee will be welcoming the spring with a series of free, guided trail walks. Come along to enjoy some of Wellesley's beautiful open spaces and discover trails that will expand your recreational options. Walk schedules are also published in the Townsman and on our website (www.wellesleytrails.org). For more information call Miguel Lessing at 781 799-4555 or Denny Nackoney at 781 237-5174.

April 28, Saturday (9-10 a.m.) – Charles River Walk

A new Wellesley trail! Walk from Lower Falls and behind the new "Waterstone at Wellesley" building complex and along the Charles River. Meet at 9 a.m. at the (Saturdays' free) parking lot on River St. off Washington St.

May 5, Saturday (8 a.m.–12 noon) – Wellesley Grand Tour

A Wellesley adventure! Take a spectacular 10-mile loop hike along the trail system in Wellesley. Meet at the State Street parking adjacent to the High School stadium.

May 19, Saturday (9-10 a.m.) – Morses Pond Walk

Meet at 9 a.m. at the gate to the town beach, located at the end of Turner Rd., 0.3 mi. west of Weston Rd.

June 2, Saturday (9-10 a.m.) – Hemlock Gorge and Echo Bridge

Meet at 9 a.m. at the Hemlock Gorge parking area in Needham (on Central Ave. just before it crosses the Charles River into Newton) or, from Rt-9 eastward: exit at the first ramp after I-95 (Chestnut St.), turn right onto Elliot St. and turn at first right (Hamilton P.) for the Hemlock Gorge parking area.

All Walks are FREE. Registration IS NOT required.

Wellesley Recreation Open House! March 25th @ 12 noon!

Chinatown Tour

243709-01

Instructor: Rose Lee & Associates

Join Master Chef and cookbook author, Rose Lee, while she guides you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants, Art and Gift shops and Jade Jewelers. Learn about Traditional Chinese Medicine. Visit an authentic herbal shop, meet the herbalists and learn about some of their herbal products. Also learn about Chinatown's exotic fruits and vegetables, wholesale suppliers and Asian cookware. This is a walking tour. Wear comfortable shoes, and bring shopping bags. Chinatown is near South Station and Orange/Green Line T stops. Public transportation is recommended but parking garages are available. Directions and meeting place will be sent by registrar upon registration. meal cost is not included in your registration fee. Participants share the costs, payable at the restaurants.

Tour is held Rain or Shine.

Location: Chinatown **Min: 6/Max: 10**

1 day

Day	Times	Date	Price
Sun	10 am - 2 pm	May 20	\$55

North End Market Tour

243710-01

Instructor: Rose Lee & Associates

Join us for an exciting tour of Boston's Little Italy, the North End. During this tour you will taste your way through the North End and meet the merchants who define this great community. Visit the finest Italian Salumeria (the characteristic Italian deli) for best tasting olives, best quality olive oil, true balsamic vinegar, and sample them; taste the imported sausages, prosciutto, and outstanding cheeses; discover the best pastry shops that make authentic Italian biscotti, amaretti, cassata, sfogliatelle, cannoli, and other confections. Visit a wine shop specializing in smaller vineyards from around the world. Enjoy a wine tasting and learn about wines from a wine expert. We will also visit historical sites in the North End and learn about their history. This is a walking tour.

Wear comfortable shoes and bring shopping bags. Directions and meeting place will be sent by the registrar upon registration.

Tour is held Rain or Shine.

Location: North End Min: 6/Max: 10

1 day

Day	Time	Date	Price
Sat	10 am - 2 pm	May 12	\$55



Walking Tour of Brookline's Jewish Cuisine

#243712-01

Instructor: Ahla Food Tours

What is Jewish cuisine? Find out under expert guidance while tasting authentic Jewish food: matzo ball soup, latkes, falafel, kosher wines, noodle kugel ice cream, and a dozen more items from the best Brookline purveyors. Visit many of the town's treasured Jewish food stores and restaurants, including Zaftig's, Kupel's Bagels, Rami's, Rubin's, and the Butcherie. Discover traditions, kosher rules, and the influence of the various cultures that lie behind the food. Hear unique personal anecdotes about the Brookline establishments' owners, and savor the rich history of Jewish Brookline and its famous residents. Tour is held Rain or Shine. For details visit www.brooklinetour.com

Brookline-Boston (Allston) border near town divider, where 526 Harvard Street in Brookline becomes 235 Harvard Ave in Boston. There is TJMaxx across the street. GPS coordinates (42.348876,-71.129934).

Max: 10

1 day

Act. #	Day	Times	Date	Price
243712 -01	Sun	2 - 5 pm	Apr 29	\$45
243712 -02	Sun	2 - 5 pm	May 27	\$45

"From Russia with Love: A Walking Tour of Russian Cuisine

Instructor: Ahla Food Tours

Where can you find the best Russian borsch, pirozhki, and caviar? What is the Russian way to drink tea and vodka? Discover the answers at our three-hour culinary adventure while tasting delicious authentic Russian specialties: light, fluffy blintzes, delicate Siberian dumplings, imported caviar, mouth-watering desserts, and a half-dozen more. Take a shopping tour at Whole Foods Market; learn how to make traditional Russian dishes and find the unique Russian ingredients that can spark up your everyday meals. Visit the treasured Russian food store Babushka Deli and Vernissage restaurant, discover "hidden" Russian food at The Fireplace and Athan's; and enjoy interesting personal stories about their owners. Find the best spots in Washington Square for entertainment, live music, and amazing food. Have fun stepping into the culture of Russia! Tour is held Rain or Shine. For details visit www.brooklinetour.com

Participants meet at 1:55 PM near Brookline-Boston (Allston) border near town divider, where 526 Harvard Street in Brookline becomes 235 Harvard Ave in Boston. There is TJMaxx across the street.

Max: 10

1 day

Act. #	Day	Times	Date	Price
243711 -01	Sat	2 - 5 pm	Apr 21	\$45
243711 -02	Sat	2 - 5 pm	May 19	\$45



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Online • Walk-in • Mail • Fax • Phone

Excepted forms of Payment

Cash • MC/Visa • Check



Vernissage

Instructor: Ahla Food Tours

Interested in Russian culture and culinary traditions? You can find it all at Vernissage Restaurant in Brookline's Washington Square. Vernissage is a Russian restaurant that has traditional Russian cuisine atmosphere. Come join us for a three hour culinary and cultural experience. The first hour will focus on Russian Culture and Cuisine. Then Practical Tips and Recipes in a fun game format. Finally, a Russian Style Buffet, Bar and Russian Music (Note: Bar drinks are not included into the ticket price). Menu Items are subject to change without notice.

Location: 1627 Beacon Street, Brookline, MA

Min: 6/Max: 8

1 day

S#	Day	Times	Date	Price
243788 -01	Sun	2 - 5 pm	Apr 1	\$45
243788 -02	Sun	2 - 5 pm	May 6	\$45
243788 -03	Sun	2 - 5 pm	June 3	\$45

Sweet & Savory South End Walking Tour

Instructor: Bites of Boston FoodTours

The rich history and renowned culinary scene found in Boston's South End provide the perfect ingredients for a fun and memorable walking food tour. Enjoy a sensory experience as you hear the modern day and historical stories and secrets, see the beautiful architectural details, and taste and smell the local food specialties of this vibrant neighborhood. Meeting location will be emailed prior to event. Tour is held rain or shine.

Location: 1627 Beacon street Brookline, MA 02446

Min: 6/Max: 8

1 day

Act. #	Day	Times	Date	Price
243795 -01	Thu	12 - 3 pm	May 10	\$50
243795 -02	Sun	2 - 5 pm	May 20	\$50

Eat Well on A Budget

343771-01

Instructor: Paula Denoncourt & Vanessa Labranche

Join Chef, Vanessa Labranche & Holistic Health Counselor & Raw Food Educator, Paula Denoncourt as they share their expertise on how to prepare meals that are simple, healthy and budget friendly. Healthy cooking doesn't have to be bland or expensive. Don't compromise your health and well-being due to a limited budget. Learn how to eat right and stay within your means, while still getting the necessary nutrients for your body. Led by a Chef and a Certified Holistic Health Counselor, you'll learn tips and techniques for preparing quick meals, jazzing up dishes with simple sauces, and pan searing and stir-frying. Through lecture, demonstration, and hands-on cooking lessons, you'll make and enjoy an assortment of healthy dishes including Vegetarian Jambalaya and Pumpkin & Parmesan Pasta, and light desserts such as wheat and gluten-free Chocolate Polenta Cake and Pecan Tarts. There is a \$15 food fee due to instructor at the start of class.

Location: Warren Building **Min: 6/Max: 8**

2 classes

Day	Time	Date	Price
Thu	6 - 9:30 pm	Jul 12 & 19	\$130



Mother & Teen Cooking Classes

343744-01

Instructor: Vanessa LaBranche

Join Chef, Vanessa LaBranche as she shares her knowledge of great recipes for mothers and teens to try at home. You will learn simple, but delicious meals you will want to make again and again. Recipes include, Asian Potstickers, Peanut Butter Bread & more. Enjoy family time together in the kitchen and discover fresh and easy ways of basic cooking! (\$20 food fee payable to instructor at time of class)

Location: Warren Building **Min: 6/Max: 8**

1 class

Day	Time	Date	Price
Mon	6:30 - 9:30 pm	Aug 6	\$115/cpl



Baking Healthy with Whole Grains

343745-01

Instructor: Vanessa LaBranche

Eating healthy does not mean giving up on some of your favorite delicious baked goods such as muffins, cakes and cookies. In this class, we will make these tasty treats but they will be made with healthier flours and grains which satisfies your sweet tooth including savory. By making your baked goods healthier, you'll reap the benefits of a nutritional boost in return. We will make baked treats which may include Chocolate Pistachio Cookies, Orange Pecan scones, Vegetable Garden Quiche (crust will be made from scratch) and more. Make the decision to eat healthier by baking with whole grains. (\$10 food fee payable to instructor at time of class)

Location: Warren Building **Min: 6/Max: 8**

1 class

Day	Time	Date	Price
Thu	6:30 - 9:30 pm	Aug 23	\$50

Gluten Free: A Beginner's Guide

243770-01

Instructor: Paula Denoncourt & Vanessa Labranche

Join Chef, Vanessa Labranche & Holistic Health Counselor & Raw Food Educator, Paula Denoncourt as they share their expertise on how to bake delicious baked goods as well as tasty side dishes that are gluten free. In this class you will be provided with helpful tips and recipes for gluten free baking in addition to simple side dishes to try at home. You will also learn to prepare dishes that don't involve any cooking! Recipes include: Chewy Chocolate Walnut Brownie Cookies, Chocolate Polenta Cake, Raw Granola Bars & Mexicali Corn Salad. There is a \$15 food fee due to instructor at the start of class.

Location: Warren Building **Min: 6/Max: 8**

1 class

Day	Time	Date	Price
Thu	6 - 9:30 pm	Jun 21	\$100



Raw Food: A Living Lifestyle

343777-01

Instructor: Paula Denoncourt

Would you eat more raw foods if you knew how to prepare them quickly and easily? Holistic Health Counselor & Raw Food Educator Paula Denoncourt will teach you how the Raw Food Living Lifestyle can transform your health giving you optimal nutritional needs which will boost your energy level and help you feel good in your own body. You will learn what the Raw Food Living Lifestyle is all about and why so many people are doing it. We'll learn techniques such as sprouting, juicing vs. blending, and dehydrating. We'll also learn the different tools needed in raw food preparation such as a vitamix or food processor. You will learn to make simple dishes and drinks that may include Raw Granola Bars, Mango & Kale Salad, Stuffed Portabella Mushrooms, Cauliflower Tabouli, Vegetable Loaf and Green Smoothies.

Location: Warren Building **Min: 6/Max: 8**

2 classes

Day	Time	Date	Price
Thu	6 - 9 pm	Jul 26 - Aug 2	\$130



Farmers Market

Instructor: Healthy Habits Kitchen

Join Wellesley's very own, Sue Schochet from Healthy Habits Kitchen, to discover ways to use common local Farmers Market produce to cook delicious and nutritious main dishes, sides & desserts. You will learn general healthy eating concepts, navigating local farmers markets, discuss CSAs (Community Supported Agriculture) and cooking demo/tasting of a "farmers market to table meal". Lastly you will walk away with ways to take unusual local ingredients and make them into tasty treats. Price includes food fee.

Location: Healthy Habits Kitchen - 36 Washington St/#2

Min: 6/**Max:** 8

1 class

Act. #	Day	Times	Date	Price
243790 -01	Mon	7 - 9:30 pm	May 21	\$75
243790-02	Mon	7 - 9:30 pm	Jun 4	\$75



Healthy Comfort Food

443788-01

Instructor: Leslie Worris

Spring into the season by joining your neighbors and friends in this fun and informative cooking course. Instructor Leslie Worris, MPH, RYT will guide you in preparing healthy salads, lunches and dinners, using locally grown, organic produce when possible. You will gather around the table to enjoy your masterpieces!

Location: Warren Building **Min:** 6/**Max:** 8

3 classes

Day	Time	Date	Price
Fri	12:45 - 3:15 pm	Apr 27 - May 18 (No class 5/11)	\$58



Eating For Energy

343775-01

Instructor: Paula Denoncourt

This class will teach you how to eat the best foods to properly nourish the body to endure the most energy throughout your day. You will learn what foods can give you the most nutrients and give you the most energy. We will explore why breakfast is so important and some breakfast ideas that will give you the most energy throughout the day. You will also learn how to prepare meals that will fulfill you not leave you feeling hungry all the time. If you are sick of being sick and tired then this is the course for you. There is a \$15 food fee due to instructor at the start of class.

Location: Warren Building **Min:** 6/**Max:** 8

2 classes

Day	Time	Date	Price
Thu	6 - 9 pm	Aug 9 & 16	\$130

Reversing Disease

243772-01

Instructor: Paula Denoncourt

The body can heal itself, we just need to give it the right tools. We will explore how eating the right kind of foods can help prevent and reverse diseases such as cancer, diabetes, arthritis and heart disease just to name a few. This class will teach you how different foods affect the body such as proper food combining and inflammation. This class will teach you to make the right food choices for you to live a happy healthy and vibrant life. There is a \$15 food fee due to instructor at the start of class.

Location: Warren Building **Min:** 6/**Max:** 8

1 class

Day	Time	Date	Price
Thu	6 - 9 pm	Apr 26	\$70



"I'm Pregnant, What Should I Be Eating?"

243773-01

Instructor: Paula Denoncourt

You will learn what nutrients and foods are best while pregnant and nursing. You will also learn why this is so important for the future of the child's health. There is a \$15 food fee due to instructor at the start of class.

Location: Warren Building **Min:** 6/**Max:** 8

1 class

Day	Time	Date	Price
Thu	6 - 9 pm	Jun 7	\$70



Snacks On The Go

243774-01

Instructor: Paula Denoncourt

You will learn simple recipes for those that have a busy lifestyle. We will make simple budget friendly snacks. You won't want to buy anything at the store or out of a package again after this class. There is a \$15 food fee due to instructor at the start of class.

Location: Warren Building **Min:** 6/**Max:** 8

1 class

Day	Time	Date	Price
Thu	6 - 9 pm	Jun 28	\$70



What Can I Eat?

243776-01

Instructor: Paula Denoncourt

Do you or your child suffer from food allergies/intolerances. In this class you will learn why so many of us suffer from allergies. You will also learn ways to alleviate some of the symptoms. Come find other foods you can substitute that actually taste good.

Location: Warren Building **Min:** 6/**Max:** 8

1 class

Day	Time	Date	Price
Thu	6 - 9 pm	Jun 14	\$70



Guitar: Beginning (Age 16 – Adult)

245802-01

Instructor: Dave Medeiros

Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Our easy approach makes it fun. Instruction will focus on basic theory, reading chord forms, strum patterns and picking styles, and how they apply to popular songs in the folk, rock, blues and country idioms. A limited number of guitar rentals are available at an additional cost of \$50 (for the duration of the course) payable to Dave at first class.

Location: Warren Building **Min: 5/Max: 10**

8 weeks

Day	Time	Date	Price
Mon	6 - 7 pm	Apr 2 - Jun 4 (No class 4/16, 5/28)	\$120

Instant Piano (For Hopelessly Busy People)

Instructor: Valerie Lyons

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just three hours, you can learn enough secrets of the trade to give years of musical enjoyment. The difference is, regular piano teachers teach note reading, while piano playing professionals use chords. In one session you will learn all the chords you need to play any song, any style, any key. You'll learn how to play several songs in class, and then perfect your technique at home using an exclusive CD specially designed by the instructor. It's easy, fun and musically correct! If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. After this one session you can go home and play any song from any piece of sheet music or songbook.

Location: Warren Building **Min: 6/Max: 10**

1 class

Act. #	Day Time	Date	Price
245811-01	Thu 6:30 - 9:30 pm	May 10	\$75
245804-01	Mon 6:30 - 9:30 pm	Jun 18	\$75

Piano Lessons (Age 16 – Adult)

245801-01

Instructor: Dave Medeiros

An introduction to musicianship through piano/keyboard, these are absolute beginner lessons focusing on the fundamentals of music theory, note reading and independent hand coordination. Building from easy traditional melodies, students will venture into popular, boogie and blues styles. Songbook and handouts provided.

Location: Warren Building **Min: 5/Max: 10**

8 weeks

Day	Time	Date	Price
Mon	7 - 8 pm	Apr 2 - Jun 4 (No class 4/16, 5/28)	\$120



Guitar: Continuing (Age 16 – Adult)

#245803-01

Instructor: Dave Medeiros

Instruction will continue with theory, note reading and chord forms. We will concentrate on more complex strum patterns, right hand rhythms, and moving bass lines with chord accompaniment and melody. These techniques along with some classic guitar riffs should have you ready for open mic night! Continuing students should have completed "Beginning Guitar" or have knowledge in sight-reading and chord forms.

Location: Warren Building **Min: 5/Max: 10**

8 weeks

Day	Time	Date	Price
Mon	8 - 9 pm	Apr 2 - Jun 4 (No class 4/16, 5/28)	\$120



Play Piano By Ear

Instructor: Valerie Lyons

After taking Instant Piano, return for this follow-up class if you want to learn to play piano by ear. Professional piano players don't need sheet music, and neither will you after this session. Learn how to pick out melodies on the piano--and then add the correct chords to make the music complete. You'll get an extensive book plus a CD that has 15 sample songs for you to learn to play by ear. You won't get this information from music teachers. It's all the music theory you need to succeed, gently explained and simplified for the non-musician. You'll be amazed at what you can do. Whether you want to be able to jam with other musicians or just save money on sheet music, you'll learn it all in this one class. It is recommended students take Instant Piano (or prior chord knowledge) before taking this course. Required course book and CD will be provided by instructor for additional \$30 fee.

Location: Warren Building **Min: 6/Max: 10**

1 class

Act. #	Day Time	Date	Price
245812-01	Thu 6:30 - 9:30 pm	May 24	\$75
345805-01	Mon 6:30 - 9:30 pm	Jun 25	\$75



Ballroom: Introduction

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. We will Swing, Tango, Foxtrot & Rumba the weeks away. Add passion and excitement to your life today! Please bring leather-soled shoes.

Location: Warren Building **Min:** 10/**Max:** 20 cpl.

6 weeks

Act. #	Day	Time	Date	Price
244006-01	Mon 7 - 8 pm	Apr 23 - Jun 4	(No class 5/28)	\$160/cpl
344001-01	Mon 7 - 8 pm	Jul 16 - Aug 20		\$160/cpl



Irish Step Dancing for Adults

244009-01

Instructor: Bonnie Severance

You know you've always wanted to try it! Come and celebrate Irish culture through the art of Irish step dance. This is a non-competitive class geared for fun and exercise. Students will develop skills in solo step dancing, as well as ceili (team) dancing. Designer ladies may start out in black ballet slippers. Men may wear a basic black jazz shoe or sneaker. Please wear T-shirt and shorts or leggings.

Location: Warren Building **Min:** 5/**Max:** 10

8 weeks

Day	Time	Date	Price
Sat	1 - 2 pm	Apr 28 - Jun 23	\$120
		(No class 5/26)	

Belly Dance

Instructor: Nepenthe Ahlam

Learn the women's dance from the Middle East that is popular worldwide. Students will learn the movements and musicality rooted in the traditions of Egypt and beyond.

Location: Warren Building **Min:** 10/**Max:** 20

5 weeks

Act. #	Day	Time	Date	Price
344003-01	Wed	8 - 9 pm	Jun 20 - Jul 25	\$60
			(No class 7/4)	

Ballroom: Intermediate

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

This class is for any student that has had prior ballroom dance training or taken the Introduction course that is offered through Wellesley Recreation. This intermediate class is designed to help you advance with your dancing and skill level by teaching you more difficult steps and technical components. Please bring leather-soled shoes.

Location: Warren Building **Min:** 10/**Max:** 20 cpl.

6 weeks

Act. #	Day	Time	Date	Price
244007-01	Mon 8 - 9 pm	Apr 23 - Jun 4	(No class 5/28)	\$160/cpl
344002-01	Mon 8 - 9 pm	Jul 16 - Aug 20		\$160/cpl



Join us
Wednesday evenings
7-8:30 pm
at the
Town Hall Green

All Concerts are FREE thanks to our sponsors! Call Jan if you'd like to donate to Summertime.

2012 Concert Schedule

Tues, June 19	"Awesome Express" Youth Concert
June 27	Reminisants "Your Favorite Oldies Band"
July 11	The John Penny Band Country & Western
July 18	HELP! "Beatles Tribute"
July 25	Brass Attack "The Hottest Horn Band"
August 1	Island Fantasia "Sounds of the Carriibbean"
August 8	The Glamour Girls "Retro Pop & Rock"

Clutter Control

242625

Instructor: Randa Sununu

In this class you will learn 3 basic principles, which can guide you to manage the clutter in your life. You will be given many more useful tips about how to de-clutter any space, make decisions about your clutter, let go of the attachments that fuel your tendency to clutter in the first place, and develop new no-cluttering habits that last. Participants are entitled to a free 30 minute private consultation..

Location: Warren Building Min: 8/Max: 15

1 class

S#	Day	Time	Date	Price
01	Thu	10 am - 12 pm	May 10	\$35
02	Sat	11 am - 1 pm	Jun 2	\$35
03	Thu	10 am - 12 pm	Jun 28	\$35



Relationship Skills

243873-01

Instructor: Vincent Emery

Enjoy laughing with other couples while discovering each other all over again! This course will go through the twelve most important aspects of every relationship and how to experience your relationship through activities. Your new relationship skills will help you to gain more confidence and will add a new spice to your relationship.

Location: Warren Building Min: 7/Max: 15

2 days

Day	Time	Date	Price
Tue	6:30 - 8 pm	Apr 3 - 10	\$80



Superior Eating

242674

Instructor: Randa Sununu

Do you know the superior way of eating that will promote maximum health? Did you know that food is medicine and that most disease conditions can be reversed through right diet? Do you realize how important proper food combining is? How do you transition to a healthy diet in a sensible and easy way? When are the best times to eat and why? How can you be sure to eliminate easily? You will learn the answers to these questions and more in this workshop. The information you will receive is cutting edge. You will get useful handouts and be able to sample healthy food and drink on the house.

Location: Warren Building Min: 8/Max: 15

1 class

S#	Day	Time	Date	Price
01	Thu	10 am - 12 pm	Apr 12	\$45
02	Sat	12 - 2 pm	May 5	\$45

Fat Loss:

The Fit, Fast, and Healthy Way

Instructor: Randa Sununu

This class will teach you how to work with the body's metabolism to trigger fat loss. It will show you the principles you need to apply if you are serious about fat loss and building muscle at the same time. The best part of the system is that you will start losing fat right away, and quickly. Plus, it is easy to do, and only requires 12-20 minutes every other day. By learning how the body goes about burning fat, you can work with your body's metabolism to lose the fat.

Location: Warren Building

Min: 8/Max: 15

1 class

#242622

Section	Day	Time	Date	Price
01	Sat	11 am - 1 pm	May 19	\$55
02	Thu	10 am - 12 pm	May 31	\$55
03	Thu	10 am - 12 pm	Jun 21	\$55

Secret Success Skills

242659

Instructor: Randa Sununu

You will learn the secret skills to being successful, regardless of what area of your life you apply them. You will learn to build new habits and break old ones, which will only contribute to your success. Do you want to learn how to make the best use of your time and not waste it on unimportant things, thereby becoming much more efficient? Do you want your self-esteem and self-confidence to increase exponentially? Do you want your income to really improve? Do you want to accomplish much more in a day or a week or a month than you ever dreamed was possible? You will get useful handouts, and one free 30 minute private consultation.

Location: Warren Building

Min: 8/Max: 15

1 class

S#	Day	Time	Date	Price
01	Thu	11 am - 1 pm	Apr 19	\$55
02	Thu	10 am - 12 pm	Jun 14	\$55



The MOP0 Miler

Open Water Swim

June 16, 2012

9:30 am Start

Hypnosis Secrets for Exercise & Fitness



242605-01

Instructor: Cara Gallucci

One of my early teachers used to say that your body doesn't know the difference between exercising for 15 minutes and visualizing yourself exercising for 15 minutes! Of course, imagining yourself running for that length of time is not as easy as it sounds. Still, you can tap into the amazing power of your mind to help you get motivated, stay motivated, and learn to enjoy exercising. If you shy away from the exercise you know you need, this evening can help you get started. And if you already have an exercise routine, the simple, enjoyable techniques will help you enhance your performance. Hypnosis is an easy, natural state of mind you have experienced already in your daily life. Come enjoy the relaxing guided session and get into the fitness "zone"!

Location: Warren Building **Min:** 6/**Max:** 12

1 class

Day	Time	Date	Price
Tue	7 - 9 pm	Apr 24	\$40

Alexander Technique

Instructor: Jill Geiger

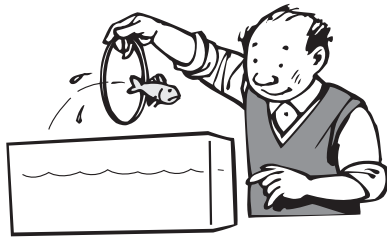
Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

Location: Warren Building **Min:** 6/**Max:** 12

2 weeks

Act. #	Day	Time	Date	Price
242601-01	Mon	7:30 - 9 pm	May 7 - 14	\$45
342603-01	Thu	7:30 - 9 pm	Jun 21 - 28	\$45

Fish Training for Beginners



Have an idea for a new program?
Give Matt or Tim a call!
781-235-2370

Get Ready for the SAT or ACT Hypnosis Test Prep: Get into the "Zone"

242677-01

Instructor: Cara Gallucci

GET INTO THE "ZONE" to do your best work in almost any situation; we have to be in a state of relaxed alertness just the right balance of calmness and excitement. The trouble is, high-stress situations like tests may take us beyond "excitement" into "deer-in-the-headlights", paralyzing terror. Hypnosis, a relaxing, natural mental state you have already experienced in daily life, can help create the ideal state of mind. Cara Gallucci has been helping teens and adults learn to relax with meditation and hypnosis for over 15 years. She also has experience as an academic tutor and teacher, so she has used both the right and left sides of her brain and has helped others to integrate theirs, too!

Location: Warren Building **Min:** 6/**Max:** 12

1 class

Day	Time	Date	Price
Thu	7 - 8 pm	May 3	\$30

Overcoming Personal Roadblocks To Career Success

Instructor: Kim Meninger

Are you struggling to find meaningful work? Are you interested in making a career transition, but hesitant to take the leap? Are you ready to advance in your current career, but feel stagnant? Personal roadblocks, such as lack of clarity, fear, and limiting beliefs may be holding you back. Learn how to identify and address these roadblocks to achieve greater career satisfaction and success. You will leave this workshop with a specific action plan to guide you forward. Please bring a notebook to the class.

Location: Warren Building **Min:** 5/**Max:** 20

1 day

Act. #	Day	Time	Date	Price
243872-01	Tue	7 - 9 pm	May 15	\$80
343872-01	Tue	7 - 9 pm	July 24	\$80



Puppy Kindergarten (3-6 months)

New
Instructor

NEW

Instructor: Vera Wilkinson CDBC, CPDT-KA

This covers basic obedience and socializes the puppy to other dogs and people. Getting your pup off to the right start means fewer training problems later. Please bring a certificate or veterinarian bill confirming that the puppy is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building **Min:** 6/**Max:** 10

6 weeks

Act. #	Day	Time	Date	Price
#244601-01	Mon	6:30 - 7:20 pm	Apr 30 - Jun 11 (No class 5/328)	\$115
#344601-01	Mon	6:30 - 7:20 pm	Jul 9 - Aug 13	\$115

Dog Obedience (6 months and up)

New
Instructor

NEW

Instructor: Vera Wilkinson CDBC, CPDT-KA

This course covers basic obedience including sit, stay, come, and heel. Training is gentle and motivational, and specific attention is given to individual problems. Teaching tricks and general care will also be covered. Please bring a certificate or veterinarian bill confirming that the dog is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building **Min:** 6/**Max:** 12

6 weeks

Act. #	Day	Time	Date	Price
#244602-01	Mon	7:30 - 8:20 pm	Apr 30 - Jun 11 (No class 5/28)	\$115
#344602-01	Mon	7:30 - 8:20 pm	Jul 9 - Aug 13	\$115

Dog: Fun and Games

New
Instructor

NEW

Instructor: Vera Wilkinson CDBC, CPDT-KA

A class designed for dogs and owners who are looking for a bit more than basic obedience. Using games and fun activities to enhance the practical use of those cues learned in good manners and puppy classes. New cues will be added to the dogs repertoire while learning in a fast paced and exciting environment. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend. No age requirement but a knowledge of basic obedience is highly recommended.

Location: Warren Building **Min:** 6/**Max:** 10

6 weeks

Act. #	Day	Time	Date	Price
#244603-01	Mon	8:30 - 9:20 pm	Apr 30 - Jun 11 (No class 5/28)	\$115
#344603-01	Mon	8:30 - 9:20 pm	Jul 9 - Aug 13	\$115

The Kids & Dogs Project

NEW

Instructor: Vera Wilkinson CDBC, CPDT-KA

Does your child l-o-v-e dogs? Or is s/he afraid of them? In this interactive dog behavior education seminar, children ages 6-14 will learn about dog body language and dog behavior so they can be safe around dogs. A dog model and a live demo puppy will be available! As with all child and dog interactions, children must be accompanied by an adult.

Location: Warren Building **Min:** 6/**Max:** 10

1 class

Act. #	Day	Time	Date	Price
#244604-01	Mon	6:30 - 8 pm	Apr 2	\$15
#344604-01	Mon	6:30 - 8 pm	Jun 18	\$15

Ask the Dog Trainer

NEW

Instructor: Vera Wilkinson CDBC, CPDT-KA

Do you have a dog behavior problem and don't know what to do or who to turn to? Have you tried 'everything' and your dog still behaves in the same fearful, anxious or aggressive manner? Get the answers to your questions at this seminar with certified dog behavior consultant Vera Wilkinson at this seminar.

Location: Warren Building **Min:** 6/**Max:** 10

1 class

Act. #	Day	Time	Date	Price
#244605-01	Mon	6:30 - 8 pm	Apr 9	\$15

Act. #	Day	Time	Date	Price
#344605-01	Mon	6:30 - 8 pm	Jun 25	\$15



NEW

Reliable Recalls

Instructor: Vera Wilkinson CDBC, CPDT-KA

Tired of chasing your dog down while giving him a break from the leash and time to play with other dogs? Dogs that come when called reliably enjoy greater freedom and with it, better overall quality of life. This class is a 21 day program that consists of 3 one hour sessions that meet once weekly for three consecutive weeks. A step-by-step, day-by-day training outline guides you in training or retraining your dog to come when called.

Location: Warren Building **Min:** 6/**Max:** 10

3 weeks

Act. #	Day	Time	Date	Price
#244606-01	Mon	8 - 9 pm	Jun 18 - Jul 2	\$100

Short Films Writing

Instructor: ALB Production House

This class will get you ready to launch your first film script. You'll learn the basics, watch some great shorts, and have a lot of fun in the process. So, let your inner writer come out and start to frame your idea from the page onto the screen. At the end of this class you will have a logline and a synopsis to start you on the path to writing your first original script. Please bring laptop or iPad.

Location: Warren Building **Min:** 5/**Max:** 18

1 Class

Act. #	Day	Time	Date	Price
#243955-01	Wed	6:30 - 8 pm	Apr 25	\$65
#243955-02	Wed	6:30 - 8 pm	May 23	\$65



Excel: Introduction

243001-01

Instructor: French Brandon

Learn the basics of Microsoft Excel*. Students will be taught how to navigate in Excel by opening, closing, saving and saving workbooks. You will learn to work with cells, columns and rows by inputting basic data. This course will also cover basic formatting, formulas for addition, subtraction, multiplication and division, and functions. This class is a MUST for anyone looking to work with spreadsheets.

Location: Warren Building **Min:** 4/**Max:** 6

2 classes

Day	Time	Date	Price
Mon & Tu	6:30 - 8:30 pm	Apr 23 - 24	\$105



Photoshop: Introduction

243003-01

Instructor: French Brandon

For those people who have a digital camera and are looking to have some fun with their pictures, this is the class for you. In this class, students will learn the Photoshop environment, sizing images, and creating layers. You will also be introduced to blending/opacity, color/painting, text/layers, adjusting images and saving the images for the web, and printing.

Location: Warren Building **Min:** 4/**Max:** 6

2 classes

Day	Time	Date	Price
Mon & Tu	6:30 - 9 pm	Apr 30 - May 1	\$140



Hello iPad & iPad2!

Instructor: ALB Production House

Still trying to figure out the great gift you received? Customize your apps (applications), set up on your email, and enter a world of online books and music. This is an introductory course. Great for beginners, seniors, and all ages.

Location: Warren Building **Min:** 5/**Max:** 18

1 Class

Act. #	Day	Time	Date	Price
#243944-01	Thu	6:30 - 8 pm	May 3	\$65
#243944-02	Wed	6:30 - 8 pm	June 6	\$65
#343944-03	Tu	6:30 - 8 pm	July 17	\$65

Excel: Intermediate

243002-01

Instructor: French Brandon

This class will focus on advanced formulas (Financial and Scenarios), charts and graphs, linking of spreadsheets and workbooks, controlling the print environment and advanced formatting. The students MUST have basic understanding of Excel and standard formulas. They are encouraged to take the Excel Intro class prior to enrolling in this class.

Location: Warren Building **Min:** 4/**Max:** 6

2 classes

Day	Time	Date	Price
Mon & Tu	6:30 - 8:30 pm	May 14 - 15	\$105



Get the Most Out of Your Digital Camera

#243901-01

Instructor: Phyllis Mays

Whether you just bought your digital camera or you have been using it as a point and shoot for a year or two, you can expand your digital photography skills in this class. Learn what's inside the camera, how to maximize its options, and how to adjust settings for the best results. One meeting will focus on editing techniques, another on getting good prints. Explore various ways to move photos to your PC. Finally, we will create online photo albums to share with family and friends. Students should be familiar with computer basics. Please bring your camera, cable and manual to class. Please be sure batteries are freshly charged.

Location: Warren Building **Min:** 4/**Max:** 6

4 weeks

Day	Time	Date	Price
Tue	10 am - 12 pm	Apr 24 - May 15	\$150

Voice-Overs: You're On the Air

243501-01

Instructor: Such a Voice

Voice-overs are hot today! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! We will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

Location: Warren Building Min: 7/Max: 15

1 day

Day	Time	Date	Price
Tue	7 - 9 pm	Jun 12	\$45

Beginner Bridge

Instructor: Anand Lele, ACBL Accredited

The emphasis in this class will be on learning the logic associated with "The Standard American 5 Card Majors" bidding system. Every session will include instruction followed by supervised bidding and play. Comprehensive and easy to understand handouts will be distributed.

Location: Warren Building Min: 12/Max: 20

8 weeks

Act. #	Day	Time	Date	Price
244112-01	Th	10 am - 12 pm	Apr 5 - May 24	\$115

7 weeks

344102-01	Wed	10 am - 12 pm	Jun 20 - Aug 8 (No class 7/4)	\$100
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Bridge: "Play of the Hand"

Instructor: Anand Lele, ACBL Accredited

This class is for those who have acquired the basic knowledge of the game, and now want to learn about the various techniques associated with the "Play of Hands." Each session will include instruction followed by supervised play with emphasis on improving your "Thinking at the Table."

Location: Warren Building Min: 10/Max: 20

8 weeks

Act. #	Day	Time	Date	Price
244110-01	Fri	10 am - 12 pm	Apr 6 - May 25	\$115
344102-01	Fri	10 am - 12 pm	Jun 22 - Aug 10	\$115

"What's It Worth?" Antique Appraisal

Instructor: Skinner Auctioneers

& Appraisers

Join Skinner Auctioneers and Appraisers for an entertaining and interesting evening by looking at the history and value of antiques! Participants receive verbal information and appraisal values from a Skinner expert appraiser, who discusses each item presented for appraisal. You are allowed to bring ONE ITEM ONLY for appraisal. Participants may bring items from most collecting areas: porcelain, pottery, toys, dolls, silver, paintings, furniture and rugs. Please omit coins, stamps, jewelry, and musical instruments. For large pieces or particularly fragile items, good quality photos should be substituted. There will be limited space for people interested in attending the event, but not have an appraisal done. At the time of registration, you will be asked for the type of item and description. Deadline to register for this event is May 8th, 2012.

Location: Warren Building Min: 25/Max: 50

1 day

APPRAISAL Act. #243895-01

Day	Time	Date	Price
Tue	7 - 9 pm	May 15	\$50

SPECTATOR Act. #243895-02

Day	Time	Date	Price
Tue	7 - 9 pm	May 15	\$15



Advanced Beginner & Intermediate Bridge

Instructor: Dee Roberts

These are lessons for advanced beginner to intermediate players only who have taken lessons with instructor Dee Roberts.

Location: Warren Building Min: 12/Max: 16

8 weeks

Act. #	Day	Time	Date	Price
244103-01	Tue	10:00 - 11:45 am	Apr 3 - May 22	\$75
244104-01	Tue	12:30 - 2:15 pm	Apr 3 - May 22	\$75

Bridge: Conventions

Instructor: Anand Lele, ACBL Accredited

Advance your game of bridge by learning the commonly used conventions. An understanding of the use of these conventions will help to improve your Bridge techniques. Each session will consist of instruction followed by Supervised Play with some prearranged hands.

Location: Warren Building Min: 10/Max: 20

8 weeks

Act. #	Day	Time	Date	Price
244105-01	Wed	10 am - 12 pm	Apr 4 - May 23	\$115
344105-01	Thu	10 am - 12 pm	Jun 21 - Aug 9	\$115



Creating Income Certainty How to Secure a Paycheck for Life

243609-01

Instructor: Yon K. Corkum, CFP, CMFC

Having a dependable retirement income that will last your lifetime is one of your most important retirement considerations. This course will teach you the unique approach for creating income certainty that will last as long as you live. Attend this session to find out how you can create a confident and dependable retirement income. You don't want to miss this chance to hear this cutting-edge strategy to secure your future. Every attendee will receive a "Dream Book".

Location: Warren Building **Min:** 7/**Max:** 15

1 class

Day	Time	Date	Price
Tue	7 - 9 pm	May 22	\$30



Weathering a Job Loss ?

243609-01

Instructor: Yon K. Corkum, CFP, CMFC

Being prepared is the best defense against having a job loss devastate your financial strength today, and undermine your plans for the future. Whether or not you've lost a job, the potential is always there for a temporary loss of steady income. It's always wise to prepare and not wait until things reach a crisis stage. Being prepared is the best defense against a job loss which could potentially devastate your financial strength today as well as your plans for the future. This session will help you take control of your financial situation by figuring out how to keep enough income flowing to cover your essential expenses, finding ways to raise cash through secondary sources and by learning when it's time to take action with your workplace retirement plan. This session will help you face the uncertainties by taking the mystery out of these "what-if" questions, and by taking a closer look at your finances to help to stabilize cash flow so that you know how to handle the challenges that come with a job loss. Every attendee will receive a "Dream Book".

Location: Warren Building **Min:** 7/**Max:** 15

1 class

Day	Time	Date	Price
Tue	7 - 9 pm	May 1	\$30





Britt B's Family Day

Tues., August 7th
@ 3:30 - 7pm

Smart Women, Smart Choices What Every Woman Should Know

243610-01

Instructor: Yon K. Corkum, CFP, CMFC

This course is designed for women who want to gain better control of their financial future. Studies show women face a number of unique financial risks - including outliving retirement funds, aging single, lower retirement incomes, greater healthcare costs and added care-giving responsibilities - and have not planned adequately to address these concerns. This course will address financial risks women need to be aware of in these uncertain economic times and provide strategies and steps that can be taken now to ensure secure retirement for life. Every attendee will receive a "Dream Book".

Location: Warren Building **Min:** 7/**Max:** 15

1 class

Day	Time	Date	Price
Tue	7 - 9 pm	May 17	\$30



Make A Will for Parents

Instructor: Shani Rea Collymore, Esq.

Parents of young children need a will more than anyone else, but are least likely to have one. It is important to protect minor children by appointing a guardian of your choice, not one chosen by the Probate Court, and to protect your children's inheritance by creating a trust for their benefit. Get an overview of estate planning and probate administration in Massachusetts, including the pitfalls of not having a will. Learn about various estate-planning vehicles such as health care proxies, durable powers of attorney, living wills, wills, pour-over wills, and various trusts. Participants will leave with a health care proxy and emergency guardianship proxy, which allows parents to appoint a temporary guardian in the event the parents become incapacitated or otherwise unable to care for their children.

Location: Warren Building **Min:** 6/**Max:** 12

2 classes

Act. #	Day	Time	Date	Price
243603-01	Tue	7 - 9 pm	Apr 10 - May 8 (No class 4/17, 4/24, 5/1)	\$60
343655-01	Tue	7 - 9 pm	Jul 10 - 24 (No class 7/17)	\$60

Easy Hat Projects

#341415-01

Instructor: Marilyn Feldman

If you love hats and would like to learn how to make them, there's no better way to begin than by working with some Millinery specific materials.

You will learn the tips and techniques required to be able to create finishing touches for some of your old, out-dated hats and see how you can turn them into contemporary creations with a real "wow" factor as well as learn how to make new ones. By the time you have finished, you'll almost certainly be even more hooked on hats and you'll be inspired as you see new creations emerge from your hands. This course does not require specialist equipment or previous experience. Instructor will send students a Supplies List prior to the beginning of class, please register early so we can get you the supplies list in time.

Location: Warren Building Min: 6/Max: 8

4 classes

Day	Time	Date	Price
Thu	6:30 - 8:30 pm	Jul 26 - Aug 16	\$75



Beautify Your Home with Plants

#24328-01

Instructor: Laurel Landers

Houseplants are a wonderful way to literally breathe life into our homes. They can add beauty and drama with their color, texture and form. They are also much less work than most people realize. It's all about choosing the right plant for the right place. In this talk we'll look at good plant choices for different exposures and rooms; how plants can add to your décor, as well as creative container ideas for decorating with houseplants and seasonal plants.

Location: Warren Building Min: 6/Max: 8

6 weeks

Day	Time	Date	Price
Mon	6:30 - 8 pm	Apr 30	\$30



Pottery for Adults

#243409-01

Instructor: Ramune Jauniskis

Students will have the opportunity to learn the basics of hand building and wheel throwing. You will be encouraged to explore your own interests and work on your own individual project. All pieces will be kiln fired.

Price include supplies

Location: Warren Building Min: 6/Max: 8

6 weeks

Day	Time	Date	Price
Thu	6:30 - 8:30 pm	April 26 - May 31	\$180

Flowers For 4 Seasons

#243288-01

Instructor: Laurel Landers

Looking for some new ideas for decorating your home? Flowers, plants, candles and containers can combine to bring a fresh look to your home with each change of the seasons. Celebrate the beauty of New England by bringing a bit of it indoors. Ideas for simple, easy and inexpensive flower arrangements and displays - both for entertaining and everyday—will be included, as well as demonstrations of basket and container arrangements.

Location: Warren Building Min: 6/Max: 8

6 weeks

Day	Time	Date	Price
Thu	6:30 - 8 pm	Apr 26	\$30



Adult Beginner Drawing Class

Instructor: D'Ann Hansen

This is a supportive painting and drawing class for adults of ALL LEVELS. We'll interpret the work of modern masters using professional water soluble acrylics on high quality papers. D'Ann demystifies the process of drawing using right brain drawing methods. Students learn techniques to create rich and textural works of art. This is a fun art class that shows you that anyone can paint and draw well! The process of making these paintings is meditative and freeing to the soul! Students will complete 2 large pieces of art.

Location: Warren Building Min: 6/Max: 8

5 weeks

Act. #	Day	Time	Date	Price
241476-01	Tue	10 am - 12 pm	May 8 - Jun 5	\$195
241476-02	Wed	10 am - 12 pm	Apr 25 - May 23	\$195

Fused Bowls

Instructor: Michel l'Huillier

In this 2 hour workshop you'll learn the basics of glass fusing techniques and play with colored glass powders and frits, stringers and glass pieces. After a series of fun exercises, you'll design and create one 8"x 8" plate or 8" diameter bowl using the techniques learned. These pieces will be fused flat first and then "slumped" in a second firing to give them their final shapes. The fused pieces will be available at the Wellesley Recreation's office within a week after the class. All the tools and materials will be provided. A \$85.00 materials fee per participant is payable to the instructor at the time of the class.

Location: Warren Building Min: 6/Max: 8

1 class

Act. #	Day	Time	Date	Price
241465-01	Sat	10 am - 12 pm	May 5	\$50
341463-02	Th	6:30 - 8:30 pm	June 21	\$50

Interview Skills Workshop

#243567-01

Instructor: Theresa Campbell

This program will increase your self-confidence when interviewing for a job or college placement. Components we will cover: understanding the importance of preparation; knowing the do's and don'ts of interviewing; identifying and reducing "filler" words; preparing and practicing answers for potential interview questions; and understanding what the interviewer really wants to know. Participants complete the program with a better understanding of the interview process and an increased sense of self confidence.

Location: Warren Building Min: 10/Max: 15

1 class

Day	Time	Date	Price
Thu	6:30 - 8:30 pm	May 10	\$60



Presentation Skills Workshop

#243566-01

Instructor: Theresa Campbell

Whether presenting to one person, a room full of classmates or a group of peers, outstanding communication skills set you apart from the rest and make your presentations memorable. Participants in Speak Well, Stand Out's Presentation Skills Coaching program will identify and reduce filler words, increase their confidence, move with a purpose, create exciting openings and learn to prepare a presentation that meets the needs of their audience.

Location: Warren Building Min: 10/Max: 15

2 days

Day	Time	Date	Price
Wed	6:30 - 8:30 pm	Apr 25 & May 2	\$80



Makeup for Prom & Wedding Season

#242687-01

Instructor: Joyce Boiardi

Prom and Wedding season is right around the corner. Have fun in this hands on class learning correct makeup techniques for these and other special occasions. Learn what colors are best for your skin tone, what products are best for your skin type. Register for this class and you will receive discount information on spray tanning.

Location: Warren Building Min: 4/Max: 10

1 class

Day	Time	Date	Price
Fri	6 - 8 pm	May 4	\$50



Skin Care

#242687-01

Instructor: Joyce Boiardi

In this class you will analyze your skin type, discover which products you should be using and find out if the products you are using are the right ones for you. This is a great class for any age. This is a hands on class. Instructor is a skin care specialist and a make-up artist. Register for this class and you will receive discount information on spray tanning.

Location: Warren Building Min: 4/Max: 10

1 class

Day	Time	Date	Price
Mon	6:30 - 8 pm	Apr 23	\$40



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Online • Walk-in • Mail • Fax • Phone

Registration Begins

Tuesday, March 20 for Residents

Tuesday, March 27 for Non-Residents

Skin Care and Make Up: Step By Step for Cancer Patients (Men and Women)

Instructor: Marilyn Feldman

Many patients experience skin and facial changes pre/during and post cancer treatments. This class will teach you how to use your current products (or suggest new ones) to help you look and feel your best during chemotherapy and radiation. Participants are encouraged to bring their current products and make up brushes to use for learning techniques. Instructor will provide samples for participants who do not have products/brushes. The Instructor will also offer the opportunity for scheduling a post class private, customized consultation in the privacy/convenience of your home or her Studio free of charge. Participants are encouraged to bring a Patient Escort/Guest (no fee, attached) with them if they feel the need for someone to take notes or help them during class.

Location: Warren Building Min: 2/Max: 4

1 day

Act. #	Day	Time	Date	Price
342688-01	Tue	6:30 - 8:30 pm	Jun 26	\$35
342688-02	Tue	6:30 - 8:30 pm	Jul 31	\$35
342688-03	Tue	6:30 - 8:30 pm	Aug 28	\$35



A Fossil, Crystal, Petrified Wood & Dinosaur Bone Hunt

255412-01

Instructor: Paul Bruce

You'll join us on Duxbury Bay for a successful fossil hunt! That's right, you'll be finding fossils, crystals and petrified wood! Your instructor will bring samples of the fossils that he has found here as well. **BRING 5 ROCKS TO REPLACE THE 5 YOU TAKE!!!!**

Meet @ Duxbury High School

One class – 1 ½ hours Min: 1/Max:6

Day	Time	Date	Price
Sat	9:55 - 11:25 am	May 12	\$25

Beavers, Otters & Minks... Oh My!

255413-01

Instructor: Paul Bruce

Come and help us search out beavers and see them in their habitat! You'll be sampling wild edibles and tracking otters, mink and muskrats. A whole family outing! Binoculars are a plus! Wear waterproof boots.

Meet @ Duxbury High School

One class – 1 ½ hours Min: 1/Max:6

Day	Time	Date	Price
Sat	9:55 - 11:25 am	May 19	\$20

Your Child's First Fish!!

255407-01

Instructor: Paul Bruce

You'll be on a privately stocked pond with bass in the 1-6 pound range. You'll have a short nature walk and everything is provided for a "designer fishing experience". Ages 18 months to 76 years (so far!!). No license needed. Wear waterproof boots.

Meet @ #50 Birch Street Duxbury, MA

One class – 1 hour Max: 8

Day	Time	Date	Price
Sat	12:55 - 1:55 pm	May 26	\$30

(All people attending are considered "Fisherpersons!")

You must sign up & pay for ALL CHILDREN & ACCOMPANYING ADULTS.

Gourmet Mushrooms

255406-01

Instructor: Paul Bruce

This class will help you to identify mushrooms common to this area. You'll learn tree identification, locations, field preparation, harvesting, recipes, and you will receive written information as well. Bring a paper bag and paring knife. Wear waterproof boots.

Meet @ Duxbury High School

One class – 2 1/2 hours Min: 1/Max:6

Day	Time	Date	Price
Sun	9:55 am - 12:25 pm	May 27	\$50

Fishing for Striped Bass & Blues

255403-01

Instructor: Paul Bruce

Fish for bass and blues on Duxbury Beach. You'll learn about tackle, techniques and bait, and you'll gain the skills necessary to fish with confidence using the Ted Williams method!

Meet @ Duxbury High School

One night – 2 hours

Min: 1/Max:6

Day	Time	Date	Price
Fri	6:55 - 8:55 pm	May 18	\$60

(all equipment provided)

Fly Fishing

255404-01

Instructor: Paul Bruce

Learn to fly fish on a stocked bass pond! You'll learn casting basics and you'll be able to fish solo after a little practice. Wear waterproof boots.

Meet @ #50 Birch St.

1.5 hour class

Day	Time	Dates	Price
Sun	9:55 - 11:25 am	May 13	\$50

(all equipment provided)

Turtle, Frog & Minnow Catching

#255414-01

Instructor: Paul Bruce

We'll take you down to a bird sanctuary, where you'll be given the chance to see turtles, frogs and minnows in their natural habitat. Wear waterproof boots.

Meet @ #50 Birch St. (see directions below)

1 class - 1.5 hours

Day	Time	Dates	Price
Sat	9:55 - 11:25 pm	May 26	\$40 pp

(all equipment provided)

Tree Swallow Sunday



255405-01

Instructor: Paul Bruce

You'll observe aerial courtship, mating, and feeding. You'll release feathers into the wind for swooping swallows, called feather interceptors, to catch (they'll use them to line their nests). A short nature walk is included. With your own feathers you will learn how to start your own colony. We will be walking in the water, wear waterproof boots.

Meet @ Gate on #50 Birch Street, Duxbury, MA

One class - 1 1/2 hours

Day	Time	Date	Price
Sun	9:55 - 11:25 am	May 20	\$25

Directions to locations will be mailed/emailed.

Welcome!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

1. Call Wellesley Recreation to register and pay for your desired course(s)
2. Visit our Online Instruction Center:

www.ed2go.com/wellrec

3. Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

Start Dates:

A new section for every online course in this catalog will begin on:

Apr 18: #343800-01

May 16: #343800-02

June 20: #343800-03

July 18: #343800-04

Aug 15: #343800-05

Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Business Courses

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. **\$95.**

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries. **\$95.**

Customer Service Fundamentals

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$95.**

Professional Sales Skills

Discover how to begin a successful and rewarding career in sales. **\$95.**

Building an Ethical Business

Give your business an advantage by building a strong and just foundation. **\$95.**

Principles of Sales Management

Master the art of managing sales teams from a sales pro. **\$95.**

Successful Construction Business Management

Gain a powerful and permanent advantage over the competition by practicing expert management. **\$95.**

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts. **\$95.**

Distribution and Logistics Management

Improve your company's ability to deliver on time and on budget, while increasing customer satisfaction. **\$95.**

Mastery of Business Fundamentals

Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program. **\$95.**

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management. **\$95.**

Total Quality Fundamentals

Give yourself a strong foundation in total quality management. **\$95.**

Introduction to Business Analysis

Master powerful techniques to improve your decision-making skills at work. **\$95.**

Managing Technology

Deliver results on time and on budget by monitoring and controlling technology projects. **\$95.**

Managing Technical Professionals

Build vital leadership skills to attract, retain, and inspire top-notch technical professionals. **\$95.**

Hire Smart

Develop recruiting techniques that will help you hire the best people. **\$95.**

Understanding the Human Resources Function

Learn to handle human resource functions to ensure the best possible results. **\$95.**

Employment Law Fundamentals

Learn the basics of employment law so you can legally hire, evaluate, and manage employees. **\$95.**

Start A Business

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online. **\$95.**

**Many more classes
online!**

ed2go.com/wellrec

**Visit our website for many
class options. Education,
Business, Computers,
Teaching, and more!**

**Register and pay with the
Wellesley Rec. Department.**

Then visit

**www.ed2go.com/wellrec
for orientation.**

Learn Online with Ed2Go!

2012 Spring & Summer Special Event Sponsors

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The Cat's Hospital
Dr. Kevin Toomey & Dr. Matthew Fantasia
Upper Crust Pizza
Lux Bond & Green
Jessie & David Wallace
Wellesley Fire Fighters, Local 1795
Wellesley Hills Junior Women's Club
Wellesley Plumbing & Heating
Wellesley Police Patrolmen Association

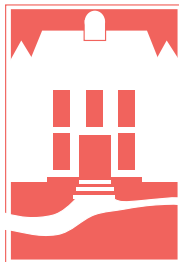
The Recreation Department prides itself on the many special events that we present to the residents of Wellesley. We wouldn't be able to offer any of these events if it weren't for the generosity of our sponsors.

Our sponsors are businesses, large and small, and residents who love what we do and want to see it continue. If you haven't been to a concert at the Town Hall Green, you need to come! Young and old gathered together, listening to music, dancing and enjoying a picnic supper.

Here comes the pitch...In order to continue these types of events, we need to increase our donations. No amount is too small and every amount is greatly appreciated. Contact the Recreation Department if you wish to donate (781 - 235 - 2370).

Please join us
for the
Warren Building
Open House!
March 25
12 - 2 pm

WELLESLEY RECREATION



These events
would not be possible
without the generous
support of our
donors...Thanks!

2012 Spring & Summer Special Event Calendar

 <p>Sunday, April 8 <i>Spring Thaw Egg Hunt</i> 10:45 am - Warren Park (Ages walking - 6)</p>	 <p>Saturday, May 19 High School Launch Movie Event <i>"The Goonies"</i> 6:30 pm; new HS gym</p>	 <p>Sunday, May 20 <i>Wellesley Parade</i> 1 pm</p>	 <p>Saturday, May 26 <i>Morses Pond Opens</i> 10 am</p>
 <p>Tuesday June 19 <i>Youth Concert Awesome Express</i> 7 pm, Town Hall Green</p>	 <p>Saturday, June 16 <i>MoPo Miler Swim</i> Register 9:30 am</p>	 <p>Wednesday, June 27 Concert <i>The Reminisants</i> 7 pm, Town Hall Green</p>	 <p>Wednesday, July 11 Concert <i>The John Penny Band</i> 7 pm, Town Hall Green</p>
 <p>Thursday, July 12 Outdoor Movie Event <i>"The Muppets"</i> 8:30 pm Warren Park</p>	 <p>Wednesday, July 18 Concert HELP! <i>Beatles Cover Band</i> 7 pm, Town Hall Green</p>	 <p>Tuesday, July 24 <i>"Flying High Frisbee Dogs" Exhibition</i> 6:30 pm Warren Park</p>	 <p>Wednesday, July 25 Concert <i>Brass Attack</i> 7 pm, Town Hall Green</p>
 <p>Wednesday, August 1 Concert <i>Island Fantasia</i> 7 pm, Town Hall Green</p>	 <p>Thursday, August 2 Outdoor Movie Event <i>"A Dolphin Tale"</i> 8:10 pm Morses Pond</p>	 <p>Tuesday, August 7 <i>Britt B's Day</i> 3:30 - 7 pm Warren Park</p>	 <p>Wednesday, August 8 Concert <i>The Glamour Girls</i> 7 pm, Town Hall Green</p>

Wellesley Recreation Department
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Wellesley, MA 02481

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ONLINE PROGRAM REGISTRATION

Please go to our website for more information about using the online registration system. If you haven't every participated in a Recreation program, please call the office during regular business hours to get your user name and password.

Traditional Registration is available.

See page 4 for more information

WELLESLEY RECREATION



Something for Everyone